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Housekeepers' Chat

Friday, February 28, 1930.

NOT FOR PUBLICATION

Subject: "Baked Beans and Brown Bread." Menu and recipes from Bureau of Home Economics, U. S. D. A.

Bulletin available: "Aunt Sammy's Radio Recipes."

--ooOoo--

"What shall we have for dinner today?" I asked the Menu Specialist. "The last day of February -- let's have something very good -- something for people who are hungry enough to appreciate a real dinner. Can you name a dish that would tempt a New England lumberjack?"

"Of course," said the Menu Specialist. "Baked Beans and Brown Bread."

"Baked Beans and Brown Bread? That won't do! Don't you know that Baked Beans and Brown Bread are the conventional Saturday night supper, in New England?"

"Yes," said the Menu Specialist, "but convention or no convention, I think that Baked Beans and Brown Bread are what we want for dinner. And Codfish Balls, too."

"Codfish Balls?" I said. "That will never do! Baked Beans and Brown Bread, and Codfish Balls are the traditional Sunday morning breakfast, in New England. Have you no respect for tradition?"

"Not when I'm planning meals," said the Menu Specialist, and there was no arguing with her.

There are three recipes for you today, one for Beans, baked the Boston way, one for Codfish Balls, and one for Steamed Brown Bread.

First, though, I'd better give you the entire menu: Baked Beans; Codfish Balls; Steamed Brown Bread; Chili Sauce; Celery and Olives; and Grapefruit with honey as the sweetening. Well, maybe the Menu Specialist is right -- it sounds like a splendid dinner, doesn't it?

In just a minute, I'll give you the recipe for Baked Beans.

A friend of mine, who is a native of Boston, prefers pea beans to navy beans, because the pea beans keep their shape better. She is very particular about the bean pot, too. She says you cannot bake beans properly, in a shallow pan, be-

cause they dry out, and never develop the rich flavor that comes from baking in a covered earthenware pot. She uses an old-fashioned, brown, earthenware pot, with a small top, and bulging sides. I wouldn't dare tell my Boston friend that I have used a five-pound lard pail, to cook beans in. She'd lose her faith in me.

My recipe for Baked Beans comes from the Bureau of Home Economics, and has been thoroughly tested. Six ingredients, for Boston Baked Beans:

2 cups dried beans	1-1/2 teaspoons salt (depending on
1/2 pound salt pork	saltiness of pork), and
4 tablespoons molasses	Onions, if desired.
1 teaspoon mustard, if desired	

Six ingredients, for Boston Baked Beans: (Repeat).

Soak the beans overnight in cold water to cover. In the morning, drain, add a quart of fresh water, simmer for 45 minutes, or until the beans begin to soften, and drain. Score the rind of the salt pork, and put half of the pork in the bottom of the bean pot. Add the beans, mix the molasses and other seasonings with a little hot water, and pour over the beans. Add enough hot water to cover. Place the rest of the salt pork on top, cover the pot, and cook the beans in a slow oven (about 250 degrees F.) for 6 or 7 hours. Add a little hot water from time to time to replace that which cooks away and is absorbed by the beans. Keep the lid on the bean pot until the last hour of cooking, then uncover, and allow the beans and pork on the top to brown.

Now would you like to take the Codfish ball recipe? This is a short easy one. Four ingredients, for Codfish Balls:

3/4 pound salt codfish	3 cups hot mashed potatoes, seasoned
Cold water	with milk and butter or other fat, a
	and
	2 eggs.

Four ingredients, for Codfish Balls: (repeat).

Cut the codfish into small pieces. Soak it in 1 quart of cold water for about 2 hours. Drain, add another quart of water, and simmer for 30 minutes. Place the fish in a double layer of cheesecloth. Press out all the liquid, shred the fish and remove all bones. Mix the shredded fish, hot mashed potatoes, and well-beaten eggs, beat until light, and add salt if necessary. Drop by spoonfuls into a kettle of fat hot enough to brown a cube of bread in 40 seconds. When golden brown, drain on absorbent paper. Serve at once, garnished with cress or parsley.

Next, the recipe for Boston Brown Bread. Seven ingredients, as follows:

1 cup corn meal	3/4 cup molasses
1 cup rye meal	2 cups sour milk and 1-1/2 teaspoons
1 cup Graham flour	soda, or 1-3/4 cups sweet milk, and
1 teaspoon salt	4 teaspoons baking powder.

Seven ingredients for Boston Brown Bread: (Repeat).

Mix and sift all the dry ingredients. Add the molasses and the milk. Beat the mixture thoroughly. Pour the batter into a greased tin can, or mold, until it is about three-fourths full. Cover, and steam for 3-1/2 hours. Remove the cover, and bake the bread in a moderate oven for 1/2 hour, to dry it off. If the bread seems likely to crumble, loop a clean string around the loaf and cut slices by pulling the ends of the string.

That's all for today -- three recipes are plenty for one program. Let's check our menu: Baked Beans; Codfish Balls; Steamed Brown Bread; Chili Sauce; Celery and Olives; and Grapefruit with honey as the sweetening.

Monday: "The North Wind Doth Blow --Dust," or "Preventive Housecleaning".

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